

GCOA Meeting Notes:

GCOA Members Present: Amy Clark-President., Ray Siver-VP, Marty Heller-Secretary, Betty Keegan, Elaine Keepseagle, Larry Wagner, Shirley Blake, Kelly Wentz and Patricia Walking Eagle

Others Present: Sheryl P. Dept of Human Services, RaeAnn Johnson (NE) Caregiver Coordinator, Patricia Soli - RASPA, Colette Iseminger – Director of the Greater Grand Forks Senior Citizens

Meeting Location: Senior Center in Grand Forks.

Date: 11/19/2007, Start 1PM, End 4:30 PM.

1. **Welcome & Introduction** of all GCoA committee members.
2. **Secretary Position** - Larry made a motion to appoint Marty as GCoA secretary, Kelly second motion, and motion approved.
3. **2009 Forums on Aging** –
 - Patricia expressed her concern about the last Forums being only in the western region of the state. This was due to main speaker constraints. Possible 2009 forum location in the eastern part of the state is Drayton & Park River. Drayton has a nice meeting facility.
 - The upcoming forum should be a half day event with a keynote speaker and two other information speakers. Amy would like a stronger involvement of GCoA members at these forums.
 - Need to determine which subjects to present at the forums. Should the forums focus on both State & Federal subjects. Betty mentioned the last AARP forums were well attended and they focused on identity theft.
 - Amy recommended tentative dates for the upcoming forums from October 5 – 9, 2009.
 - a. Plan to target the following cities for the upcoming forums and check with the respective RASPA:
 - Lisbon (SE)
 - Drayton or Grand Forks (NE)
 - Dickenson (SW)
 - Minot (N)
 - Devils Lake or Rugby (NE)
 - Williston, Watford City or Beulah (NW)
 - b. Suggested Minor Topics for the Forums:
 - Identity Theft
 - Diabetes
 - Cancer
 - Kidney Dialysis
 - Parkinson Disease
 - Alzheimer's
 - Provide information about the local providers in the area.
 - Setup booths.
 - c. Suggested Main Topics for the Forums:
 - Amy encourages the committee members to think about what the main Forum topic should be and would like all members to attend at least their local Forum.
 - Saving your retirement by keeping yourself healthy.
 - Diabetes and Alzheimer's are the big issues.
 - Health Promotion and Disease Prevention.

2. **Medical Fraud and Estate Recovery** – Pass on this item. Plan to address it in Bismarck.
3. **Criminal Background Check Recommendation.** – Presenter Sharon Rice - Attorney.
 - a. Need to perform background checks on employees & volunteers that provide aging services. We need to identify personnel with unsafe backgrounds and limit their exposure to seniors. A professional background check is costly. The search on a social security number costs six dollars. It verifies the address for past seven years and compares this information to the form the applicant filled-out. The Sex offender check is another five dollars. Each county check that the applicant lived in, is another five dollars. The North Dakota State check is another twenty dollars. In summary, it costs approximately fifty dollars for a background check.
 - b. Background checks are costly, especially when the Senior Center in Grand Forks has 320 employees/volunteers and multiply that time fifty dollars each. Where do you get the funding for these background checks?
 - c. What is a reasonable effort on the background check? A professional background check is more thorough check, but it costs more. A non-professional check might not identify the pertinent background information because the checker doesn't know how to interpret the information and the check misses some vital information. Thus, you have a person with a risky record working for you. In addition, the person who performed the non-professional background check who misinterpreted vital information could be held liable and be sued.
4. **National Family Caregiver Support** - RaeAnn Johnson (NE) Caregiver Coordinator presented information about the Family Care Giver Support Program.
 - a. North Dakota Family Care Givers provide more elder care than nursing homes or institutions.
 - b. North Dakota has the largest proportion of people over the age of 85 in the United States.
 - c. Care Givers health diminishes very quickly because of their workload.
 - d. Care Givers time commitment increases because elder's health declines as they age.
 - e. Currently, approximately 5000 kids are taken care of by their grand parents because their parents are not able to take care of their kids.
 - f. The ND Family Caregiver Support Program is administered by the eight regional service centers. They provide and supervise the services available under this program. They have been providing support to 164 region IV Caregivers in the eighty plus age group. Reference the brochure provided in the meeting.
5. **Discussion about Graying of North Dakota Coalition and Silver Haired Assembly.**
 - a. The GoND coalition was formed by the GCoA and AARP. Amy indicated she would work to get it going again in January.
 - b. Ray Siver provided information on the Silver Haired Assembly. It is a vital group in the political process because they educate others in the legislative process and they advocate to legislators about issues pertaining to seniors. The coalition used to receive funding through the Older American Act and now they are experiencing limited resources. They requested an Income Tax check-off for funding on the North Dakota Income tax form, but it lost by four votes in the last legislative session. Also, sent a letter to the governor requesting funding. They have issued five grant requests for funding and all requests were denied. Many laws are on the books today because of the Silver Haired efforts and their voice was very prominent in the former legislative sessions. They need funding; otherwise they are considering disbanding the 501C 3 Corporation. Amy recommended that each GCoA members write a letter to the legislators in support of the coalition if they concur. These letters are not from the GCoA committee, but from each GCoA member.
6. **Set Meeting Dates for 2008 and Planning Retreat.**

- a. Friday Feb 8th in Bismarck
 - b. Friday May 9th in Fargo
 - c. Friday Aug 8th in Dickinson
 - d. Friday Nov 7th in Devils Lake
 - e. Betty and Shirley will work on planning a GCoA retreat.
7. **Meal Nutrition Requirements:** Presenter Colette.
- a. Meal nutrition requirements and costs are up. Unless we increase our revenue soon, we will have to reduce services in rural areas (refer to handout). North Dakota needs assisted living facilities for low income people.
8. **Long Term Care Partnership Plus:** Presenter Kelly
- a. Long Term Care Partnerships were started by four states in the early nineties. They help individuals meet their long term care needs. Federal rules discouraged states from implementing the plans. They are intended for low to medium income persons. Private plans pay first then Medicare. A three year plan covers 90% of the cases. Every LTC policy sold saves the state five thousand dollars. Lot of details to these plans. A few years ago Kelly could quote you a plan off the top of his head, now it takes a computer program with numerous variables to figure out the best LTC for each individual. Regardless of which LTC plan you select, it has to have an inflation option, otherwise the policy is worthless.
9. **Other**
- a. The GCoA committee would like to invite legislators to the quarterly GCoA meeting when we are in their area. Amy mentioned advertising our meetings by ads through the North Dakota Newspaper association.
 - b. Amy plans to send out press release asking for GCoA candidates to fill the vacancies.
 - c. Aging Services will update the GCoA membership list and issue it.
 - d. Marilyn B. resigned from the committee due to other commitments.
 - e. Michelle McKay could be Kelly's replacement. She sent in an application to Nicole.
 - f. Linda W. and office personnel have moved again.
 - g. Aging Disabilities Grant was not funded; the Administration on Aging does not have enough funds for this fiscal year to award the grant. Grant might get approved in next FFY.
 - h. Congress has extended Continuing resolution funding through Dec. 14th 2007.
 - i. North Dakota Senior Info Line is now the Aging and Disability Resource-LINK. (Ref. meeting handout)
 - j. North Dakota Real Choice Rebalancing Grant. (Ref. meeting handout)
 - k. Updated the Rules of Order for the GCoA committee. (Ref. meeting handout)
10. **Adjourn** – Betty motion to adjourn and Shirley seconds the motion. Motion approved.